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BACK TO THE MIDDLE AGES
PILLARS OF THE EARTH COMES TO CBC {page 8}

MARRIED
SHANIA RINGS IN 2011 BY TYING THE KNOT DISH {page 10}

VANCOUVER metro®

Tuesday, January 4, 2011
www.metronews.ca

News worth sharing.

Hockey. Juniors

▶ Quinton Howden of Canada collides with Jerry D'Amigo of the United States yesterday during the semifinal game in Buffalo, N.Y.

RICK STEWART/GETTY IMAGES

Canada stomps U.S. to advance

Canada defeated the U.S. 4-1 yesterday in the 2011 IIHF world junior championship semifinal and will take on Russia tomorrow in the gold-medal match. Russia defeated Sweden in a shootout in the other semifinal. Story, page 16.

Gender quota may oust official

NDP president or treasurer, both men, could get the boot {page 4}

Boozy chicken a quick dinner

Get a hot meal on the table in 35 minutes {page 13}

Stilwell plots backcountry rescue plan

Establishment of a mountain search-and-rescue training institute among 12 recommendations made by recreation and tourism industry, following fatal Boulder Mountain avalanche near Revelstoke

KRISTEN THOMPSON
@METRONEWS.CA

Moira Stilwell is calling for the creation of a national mountain search-and-rescue training institute and promises $10 million toward the program if elected premier.

Stilwell, a Liberal leadership candidate, said Revelstoke is the ideal location for the institute because it "already has some of the most experienced tourism operators and mountain guides in the country."

"It's home to the word-renowned Canadian Avalanche Centre, so it makes sense to build on the knowledge that's already here," she said.

Stilwell said the growing demand for services by mountain safety organizations is a "severe strain" on their staff and resources.

"A national mountain search-and-rescue training institute could harness the experience we already have, provide a uniform standard of training and increase the number of qualified mountain safety personnel across Canada," she said.

Stilwell added that the institute could be a joint initiative involving partners like the Canadian Avalanche Association, the RCMP, volunteer search-and-rescue groups, and others involved in mountain tourism and emergency response.

John Forrest, president of HeliCat Canada, which provides helicopter and snowcat skiing and boarding throughout B.C., said the proposal would help increase public safety while growing the province's tourism industry.

March avalanche

▶ Two snowmobilers were killed on Boulder Mountain near Revelstoke and dozens more were buried when a wall of snow fell on around 200 people gathered for an annual snowmobile competition in March.

For more news, visit metronews.ca/vancouver

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1 news

No cash-cow saviour for farmyard

Stanley Park's children's farmyard closed its doors on Sunday after almost 30 years.

Despite two private funding attempts, the attraction could not be saved, even with a $250,000 annual subsidy.

"It's an underused, unfortunate casualty of this cash-strapped time, costing more than it was giving," said park commissioner Stuart Mackinnon.

All 122 animals, from rabbits to alpacas, need relocating, and park board chair Aaron Jasper said adoption options are being vetted but will take months.

"There are 29 applicants expressing interest. We must assure the animals' safety and, where possible, keeping families together," he said.

The farmyard dates from 1982, when it replaced a 20-year-old children's zoo.

"My wife and I used to bring our kids here," said Bill Wilson, 60, of Port Coquitlam.

"We brought our grandson today, hoping it was open. It's a shame it's closed. It's been around forever."

By spring, the board will put out proposal requests for the space. Ideas include bike rentals and a home for the Ecology Society.

ALEEZA KHAN

ALEEZA KHAN/FOR METRO

▶ The padlocked doors to the barn and paddocks of the children's farmyard.

Condo thieves kick victims while down

- Building evacuated Dec. 30 after fire
- Six of 60 suites then robbed
- Some occupants had no insurance

The restoration company that hired security for an evacuated East Vancouver apartment building where six suites were looted says it did everything it could to ensure the premises were properly secured.

On Side Restoration had three security guards watching over the 60-unit apartment complex on Francis Street near Commercial Drive after the building was evacuated because of a fire last week.

Despite the security, thieves managed to break in and loot six suites — and tried to break into another three units — at some time on New Year's Eve.

Craig Hogarth, president of On Side Restoration, said yesterday that security did a sweep of the building to make sure it was empty and put hasps and padlocks on the door of each unit.

"We hired, and had onsite, a reputable and professional security firm with personnel at each entry to the building," Hogarth said.

"Despite these measures ... some of the suites had been forcibly entered during the night."

Hogarth said the company will do all it can to help police investigate the break-in and said the thieves "kicked" their victims "while they were down."

Vancouver police Const. Lindsey Houghton said it's unclear exactly how much was stolen but that missing property included sports equipment and jewelry.

There are no suspects or suspect descriptions. A security fence has now been erected.

KRISTEN THOMPSON

▶ The building at 1777 Frances St., where six suites were robbed on New Year's Eve.

Man charged in puppy's death

A 24-year-old man is facing cruelty to animal charges after allegedly beating to death a pit bull puppy in a Victoria hotel room.

Guests at the Traveller's Inn called authorities after reportedly hearing a dog being beaten and crying out.

"When the officers arrived ... they found the puppy motionless on the bed, dog feces all over the suite and bloody towels," police said in a release.

"The man, who was the lone occupant of the suite, was immediately arrested."

The three-month-old dog was rushed to a veterinary hospital but died of internal injuries.

According to police, the suspect — who was looking after the puppy for someone else — is known to authorities and was on bail for other offences.

"Investigators obtained a search warrant for the suite and ... located drugs and steroids," said police.

"A psychiatric remand will be requested (for the suspect)."

Marcie Moriarty, a spokesperson for the B.C. SPCA, said the case is "sick" but not uncommon.

KRISTEN THOMPSON/WITH FILES FROM THE CANADIAN PRESS

News in brief

Shelters expected to be at full capacity

SNOWFALL. Vancouver's homeless shelters were expected to be at full capacity last night as a snowfall warning was issued for B.C.'s South Coast. In severe weather, the Extreme Weather Response Program can temporarily open more shelter spaces for homeless people.

KIMIYA SHOKOOHI

C. difficile outbreak

NANAIMO. The Vancouver Island Health Authority is working to contain an outbreak of the C. difficile bacterium. Four people were affected by the illness at Nanaimo Regional Hospital.

METRO

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On the web at metronews.ca

The video game industry's motion control craze may soon spread to your web browsing. More at metronews.ca/world

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Already flubbed your New Year's resolution? Blame your brain. Scan code for the story.

PETA. Promotion

▶ PETA lettuce ladies Tohni Blower, right, and Julia de-Courcy serve soy-milk cocoa at Burrard and Robson streets in Vancouver yesterday.

KIMIYA SHOKOOHI/FOR METRO

For the love of a vegetarian life

In addition to the cocoa, the pair also distributed copies of PETA's Vegetarian/Vegan Starter Kits to encourage vegan lifestyles.

Recall campaign gets rallied up as 2011 begins

Fight HST campaign to recall MLA Ida Chong resumes ◐ Two more scheduled to begin this week

MATT KIELTYKA
VANCOUVER@METRONEWS.CA

Now that holiday hangovers are a thing of the past, Fight HST organizers are gearing up for a busy month.

The group's effort to collect enough signatures to oust Oak Bay-Gordon Head MLA Ida Chong slowed to a halt during the holiday season.

Volunteers gathered about 6,000 signatures to date and have until Feb. 4 to get a total of 15,300 names, which amounts to 40 per cent of the riding's registered voters.

15.3K

Organizers need 15,300 signatures by Feb. 4 to recall Oak Bay-Gordon Head Liberal MLA Ida Chong. About 6,000 have been collected so far.

"We're going to have to be ready to put the nose to the grindstone in the next four weeks," said Fight HST organizer Chris Delaney.

Delaney is still confident the team will come through and two more recall campaigns are set to launch later this week.

By Friday, volunteers will be collecting signatures to kick Comox Valley MLA Don McRae and Kamloops-North Thompson's Terry Lake out of office.

Shop owners snubbed by transit project: NDP

The long-delayed Evergreen Line rapid transit project is missing millions of dollars in funding, but that hasn't stopped eviction notices from going out to business owners in Port Moody.

Several shops along the planned route have already closed, while some others must clear out by the end of the month to make way for construction.

NDP transportation critic Harry Bains blasted the provincial government, TransLink and contractors for the "premature" notices.

Construction dates haven't been publicly announced and TransLink has yet to come up with its $400-million share of funding.

"There's been a lack of respect," Bains said. "These individuals are being asked to pay a big price. It's their businesses and their livelihoods. The government must ensure a smooth transition for these people."

Compensatory talks with affected property owners continue.

MATT KIELTYKA

CONTRIBUTED/TRANSLINK

▶An artist's rendering of planned Burquitlam Station.

Evergreen Line

The Evergreen Line rapid transit project is expected to shuttle as many as 70,000 people per day through Coquitlam, Port Moody, Burnaby and Vancouver by 2021.

1. $1.4 billion is the estimated cost of the project.
2. $400 million in funding still needs to be secured by TransLink.
3. 40-minute trip from Coquitlam City Centre to downtown Vancouver.
4. 6 stations planned.
5. 8,000 estimated employment opportunities.

Bomb blasts hole in gym

Police are still trying to figure out what kind of explosive was used to blow up the gym at a Burnaby community centre.

Authorities were called to Wesburn Community Centre on Parkwood Drive early Sunday morning when residents heard an explosion, said RCMP Sgt. Peter Thiessen.

"The doors to the gymnasium were blown open and there was a hole in a cinder block wall," he said.

"We believe that this was a random act," Thiessen said.

KRISTEN THOMPSON

Small-town mayor runs for premier

The mayor of a small Vancouver Island community says he's running to become British Columbia's next premier, joining a race to lead the governing Liberal party that includes several high-profile cabinet ministers.

Parksville Mayor Ed Mayne plans to officially announce his candidacy today, and observers say outsiders like him hoping to lead the Liberals or NDP will face serious challenges as they compete against their better-connected, better-known opponents.

THE CANADIAN PRESS

Up to 15 cm of snow expected

Vancouver's mild winter was expected to play host to five to 10 centimetres of snow overnight.

Environment Canada issued the snowfall warning as it developed through the North Coast. It was expected to reach the South Coast today.

The snowfall is predicted to continue throughout the morning and early afternoon for a total of up to 15 centimetres by tomorrow.

Snow predictions were set for the North and Central Coast.

KIMIYA SHOKOOHI

News in brief

CN train derails

MCBRIDE. Canadian National crews are investigating the derailment of 33 coal cars in Northeast B.C. Sunday night. No one was injured in the incident, south of McBride, but train traffic was blocked along CN's northern line. METRO

Grouse has record-setting December

RESORT VISITORS. Grouse Mountain is crediting the 2010 Olympics for a record-setting December that saw 12 per cent more visitors than its previous record, set in December 2007. On Dec. 30 alone, more than 9,000 people visited the mountain resort.

Assessments viewed online

REAL ESTATE. Property owners will be able to see the assessed value of their property, and compare with their neighbours, online until Jan. 31 after B.C. Assessment launched the e-valueBC service on their websites yesterday. Physical assessments are expected to arrive by mail this week. METRO

Christy Clark holds 2011 kickoff

RALLY. B.C. Liberal leadership candidate Christy Clark is ringing in the new year with a rally tomorrow at the Italian Cultural Centre in East Vancouver. Her 2011 campaign kickoff runs from 6:30 to 8:30 p.m. METRO

B.C. Hockey Hall of Fame to announce inductees

MCBRIDE. 2011 inductees will be announced tomorrow during a press conference at Rogers Arena. METRO

NDP rules call for women on top

- Men dominate leadership list but NDP quotas put women first
- Party's male president and treasurer may face axe

MATT KIELTYKA
VANCOUVER@METRONEWS.CA

Gender equality provisions within the provincial New Democratic Party mean president Moe Sihota or treasurer Bob Smits could be out of a job.

According to the party's constitution, a woman must be leader, president or treasurer to fulfill the gender quota.

Carole James filled that spot as leader but — in the aftermath of her resignation — most pundits believe candidates for the NDP's top job will be predominantly male.

"It doesn't look like a woman will be running and both genders must be represented in those three positions," said political commentator David Schreck, a former member of the NDP. "That means Moe Sihota or the treasurer (Smits) have to sort it out. One or the other has to go."

Sihota spoke to media yesterday and said the decision will be left up to the party's executive in February.

Schreck expects a decision to be made much sooner than that.

KIMIYA SHOKOOHI/FOR METRO

Outgoing NDP leader Carole James

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3rd term for Governor Brown in California

Reveals need for 'a tough budget for tough times'

Democrat Jerry Brown was sworn in yesterday as California's 39th governor, returning to the office he left 28 years ago but inheriting a much different and more troubled state than the one he led then.

The man who once was California's most famous bachelor took the oath of office after being introduced by his wife of five years, former Gap Inc. executive Anne Gust Brown, inside Sacramento Memorial Auditorium.

She held a Bible that was her grandfather's and was used during her wedding with Brown.

Brown has predicted a grim future for the financially beleaguered state. Where his predecessor, Republican Arnold Schwarzenegger, expressed optimism at every turn, Brown has been realistic since winning the Nov. 2 election. California has faced several years of deep budget deficits and is confronting another estimated at $28 billion through June 2012.

Its general fund is $15 billion less than it was just three years ago, reflecting a sharp drop in tax revenue from a recession that has battered the economy of the nation's most populous state. Brown, 72, said the choices facing California's 38.8 million people are painful.

"The year ahead will demand courage and sacrifice," he said after taking the oath from California Supreme Court Justice Tani Cantil-Sakauye.

THE ASSOCIATED PRESS

I'll be back

Jerry Brown became only the second person to serve three terms as California governor when he took over from Arnold Schwarzenegger

- His tenure as the 34th governor, from 1975 to 1983, was before voter-imposed term limits, allowing Brown to seek the office again this year.

London. Dance

▶ Kimberley Dunne and other aptly attired burlesque enthusiasts pose for photographers in front of the National Gallery in central London's Trafalgar Square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

World record burlesque dance?

A world record attempt to break what was called the World's Largest Burlesque Dance, took place yesterday in London. The dance troop, made up of Virgin Holiday staff and burlesque enthusiasts, performed a five-minute routine.

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CEOs' pay 155 times more than average: Study

CEO earnings packages higher today than during the '90s ◐ Average Canadians saw small rise in 2009

The recession may have hammered the average Canadian but a new survey suggests CEOs weathered the storm in fine form.

An examination of the 100 fattest pay packages handed to executives at publicly traded companies in Canada shows they pulled in an average $6.6 million each in 2009.

That's a far cry from the $42,988 the average Canadian makes and it dwarfs the $19,877 a minimum-wage worker would earn in a year.

The study by the Canadian Centre for Policy Alternatives says Canada's best-paid CEOs made 155 times more than the average Canadian.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Aaron Regent — highest paid CEO in Canada.

"Canadians may still be feeling the pain from a worldwide economic meltdown caused by reckless financial speculation but Canada's business elite has preserved its privileged position," writes author Hugh Mackenzie.

The biggest pay package went to Aaron Regent at Barrick Gold Corp., who made $24.2 million in 2009, according to Mackenzie's calculations.

In second place was Hunter Harrison at Canadian National Railway Co., at $17.3 million, followed by Gerald Schwartz at Onex Corp., at $16.7 million.

Still, CEO earnings dropped from the previous year.

THE CANADIAN PRESS

Facebook. Investors

▶ Social networking behemoth Facebook, headed by CEO Mark Zuckerberg, has raised $500 million US from Goldman Sachs and a Russian investment firm in a deal that values the company at $50 billion, reports say.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Cashing in on social networking

Goldman Sachs is said to have invested $450 million and Digital Sky Technologies invested $50 million into Facebook. Representatives for Facebook, Goldman Sachs and Digital Sky Technologies declined to comment.

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
Closed for the holiday	Did not trade	+ 17¢ US ($91.55 US)	$4.650 (+ 24.5¢)
			Gold contracts $1,422.90 (+ $1.50)

Hotmail fixed?

Microsoft says it has fixed the glitch that caused some Hotmail users to lose all of their emails.

THE ASSOCIATED PRESS

RESOLUTION NO. 1: TIME TO QUIT THE GYM

She says ...

JESSICA NAPIER

All right everyone, you've had your fun. You argued drunkenly with your family, kissed a complete stranger at midnight and ate about a year's worth of calories in the span of one week. Now it's time to get serious.

Last weekend, as I peered from under my duvet at a disaster zone of empty champagne bottles and orphaned sequins, I thought to myself that perhaps 2011 should be the year I start making some changes.

And so, on a gloomy January morning, I pledge this will be the year I start taking vitamins. I'll read more books, watch less television, pay my bills on time and, finally, against typical New Year's tradition, I resolve to quit the gym.

I've been a member of an overpriced health club for more than a year now, the number of times I've actually visited said facility amounts to the caloric value of four Tic Tacs. Sixty dollars a month debited from my chequing account and all I have to show for it is a small laminated card collecting dust in my wallet.

"Initially, I am wowed by the shiny equipment and excessive amenities."

Over the years I have joined many a flashy fitness temple with the exact same result — I go routinely for about two months before my commitment wavers and I reach the point where it becomes embarrassing to even think about showing my face there.

So why join in the first place? Initially, I am wowed by the shiny equipment and excessive amenities. *"You mean there's a steam room and a smoothie bar? Here's my credit card."*

But while the flashy accoutrements might lure me in at first, nothing really changes the fact that I just can't stand the Lycra-clad cliques of established gym-goers, partly because I despise their hard-bodied smugness, but mostly because they look so good in skinny jeans.

Sure, there may be some well-meaning aerobic enthusiasts, but most of the crop-top wearing gym rats aren't really there to exercise. They're there to work on their fake tans, buy protein powder and, most importantly, they are there to check each other out. For, you see, there's no difference between the gym and an obnoxious nightclub; there is an expensive cover charge, aggressive music, sweaty bodies and plenty of tight neon clothing.

So, in 2011, I resolve to leave the hormonally charged muscle heads to their own devices and promise myself that this is the year I finally kick my habit of avoiding the gym and cancel my membership for good.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Attack defined decade

Letters & Tweets

We asked: What will define the decade of 2000-10?

WHITBY, ONT. I would have to say the terrorist attacks on New York City in 2001, which changed everything. It caused panic all over the world. It raised security concerns everywhere and our sense of freedom was taken away. From Sept. 11, 2001, to this day everything has changed. Many lost their lives on that tragic day and many more have lost their lives fighting (against terrorism). Besides all that, we live our lives in a state of "being on edge" and that alone has defined this decade. The decade when the world changed and the days when North Americans realized we weren't invincible.
ALLAN EASSON

TORONTO. I would say it was the 9-11 terrorist attacks on the U.S. because it changed so much in terms of how people think and how the world operates.
SARAH EVANS

TORONTO. Social injustice will define the decade. The financial gluttony of the super rich will be seen as widening the divide between rich and poor, causing poverty and polluting the environment.
TED CRUDDAS

Sept. 11, 2001

THE ASSOCIATED PRESS FILE

What are you looking forward to most in 2011?

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Metro Minute at Body Worlds

The world famous exhibit, Body Worlds And The Brain, is quickly coming to a close at Science World. Dr. Gunther von Hagens' Body Worlds offers an unusual chance to study the human body and neuroscience through more than 200 plastinated human specimens.

The display shows how lifestyle impacts a human body and offers tips to keep you healthier.

Visitors can also learn about how the human body works while exercising. Body Worlds And The Brain is at the Telus World of Science (1455 Quebec St.) until Sunday. Admission is $21 for adults and $13 for children. Visit scienceworld.ca for more info. **AYAKA KAWAI**

KRISTEN THOMPSON/METRO

▶ The Telus World of Science is hosting Body Worlds And The Brain until Sunday.

2 scene

No U.S. network, no problem

The Pillars of the Earth actor Rufus Sewell glad that mini-series had no American involvement in production 12th century epic coming to CBC

Canadian actor Donald Sutherland stars in The Pillars of the Earth, a mini-series that debuts tonight on CBC.

Sweeping sword-and-sandal epics seem to be all the rage, including The Tudors, Spartacus: Blood and Sand and the forthcoming The Borgias, which airs this spring.

Galloping into the arena is The Pillars of the Earth, a $40-million, eight-part historical miniseries that begins tonight at 9 p.m. ET on CBC.

The international co-production was shot in Hungary and Austria and stars Canadian actors Donald Sutherland, Alison Pill (Milk) and Gordon Pinsent, as well as Ian McShane, Hayley Atwell and Rufus Sewell.

With today's ballooning budgets, it seems to take the world to make one of these historical epics. Welsh author Ken Folett wrote the wildly successful novel, which, given the Oprah Winfrey Book of the Month Club seal of approval, topped the best-sellers charts for weeks. Brit Ridley Scott (Robin Hood) is among the executive producers.

"As far as I'm concerned, the idea of working for one of the major networks worried me." ACTOR RUFUS SEWELL

The mystery/thriller is set against a backdrop of war and religious strife. Set in the 12th century, it is essentially about an ambitious dream to build a cathedral in a forest during the Middle Ages.

Some Canadians, however, will have seen it before. The miniseries, partially funded by Montreal-based Muse Entertainment, aired last summer on the premium cable channels The Movie Network and Movie Central; it was showcased in the U.S. on the cable channel Starz.

The fact that no big American broadcaster was involved was actually good news for Rufus Sewell.

"As far as I'm concerned, the idea of working for one of the major networks worried me," he says on the phone from Italy, where he was at work playing a detective on another venture.

Sewell worried that a major U.S. network would be so concerned about offending all but the widest possible demographic that a lot of the edgier content would get cut out. He's seen how advertiser boycotts have watered down projects in the past.

"It becomes slightly cowardly," says Sewell, who suggests networks cave under pressure from special interest groups. "Nobody wants to lose the dollars of stupid people or even bigoted people."

While notes did come from the Canadian, German and British investors in this series, the fact that it wasn't controlled by one major source allowed more of the script that drew Sewell to the project in the first place to remain on the screen. The British-born actor, who played Alexander Hamilton in the HBO production John Adams and also appeared in the short-lived U.S. network series The Eleventh Hour, has seen juicy scenes get snipped before.

"I knew if a scene was very interesting it was going to get less interesting the morning before we did it," he says.

THE CANADIAN PRESS

CBC hopes Pillars can be another Tudors

The Pillars of the Earth is one of several new shows premiering tonight on CBC, which in recent years has avoided the crush of fall shows from south of the border by saving its new offerings for January. The new reality series Village on a Diet began on Monday, with the new spy spoof comedy Insecurity bowing tonight before Pillars.

CBC found a steady 700,000 to 800,000 viewers a week for The Tudors, which concluded a four-season run in the fall. With CTV snatching up rights to The Borgias, a historical series starring Jeremy Irons as a notorious 15th century Pope (tentatively scheduled to begin in April or May), CBC hopes they've found their historical fix with Pillars.

THE CANADIAN PRESS

Hungary perfect for historical TV

The actors appearing in The Pillars of the Earth spent five months shooting in and around Budapest. The region works for these historical epics on many levels.

Crews work cheaper than in Hollywood, keeping production costs down, plus the rolling hills of the Hungarian countryside offer vistas mainly free of any modern buildings or other landmarks that would seem out of place.

New technologies have also helped bring these period epics back in vogue. Modern hydro wires and other 21st-century giveaways can be digitally removed and ancient palaces can be digitally inserted. THE CANADIAN PRESS

News in brief

Actress Valerie Bertinelli has tied the knot in Malibu. Publicist Heidi Schaeffer told The Associated Press that the 50-year-old Hot in Cleveland star married financial planner Tom Vitale on Saturday.

Schaeffer said in an email that a report by People Magazine of the wedding was accurate. The ceremony took place in front of about 100 people at her home, according to People. Guests included Bertinelli's ex-husband — rocker Eddie Van Halen — and their son Wolfgang. Bertinelli and Van Halen split in 2000 and were officially divorced in 2007.

THE ASSOCIATED PRESS

Actor Postlethwaite dies at 64

Oscar-nominated British actor Pete Postlethwaite, described by director Steven Spielberg as "the best actor in the world," has died at age 64 after a long battle with cancer.

Longtime friend and journalist Andrew Richardson said yesterday that Postlethwaite died in a hospital Sunday.

A gritty and powerful actor, Postlethwaite was nominated for an Oscar for his role in the 1993 film In The Name Of The Father.

He had recently been seen in the critically acclaimed film Inception and had worked with Spielberg on The Lost World: Jurassic Park and Amistad.

Postlethwaite initially planned to become a priest but was drawn to acting.

He received an OBE in 2004 along with many other honours for his long career in movies, theatre, and television.

Postlethwaite lived in the hills of rural Shropshire in western England. He was a political activist known for his opposition to the war in Iraq and his call for policies to fight global warming.

He had recently returned to the stage to star as King Lear.

The actor had been treated at the Royal Shrewsbury Hospital. Shortly before his death he publicly thanked the hospital staff in the Shropshire Star newspaper for their "wonderful" treatment and care during his illness.

He is survived by his wife, Jacqui, his son, Will, and daughter, Lily.

THE ASSOCIATED PRESS

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Pete Postlethwaite

ScanLife

Chuck Berry returns to home in suburban St. Louis after health scare during Chicago concert

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Shania secretly wed

Just weeks after announcing her engagement to Frederic Thiebaud, Shania Twain is already married, according to People magazine. The couple tied the knot on New Year's Day, her rep confirms. "They were married at sunset in Rincon, Puerto Rico, in front of 40 of their closest family and friends," her rep tells the magazine.

"2010 is leaving me with a renewed faith in love and commitment," Twain posted on her blog. METRO

Shania Twain

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at Best Buy & bestbuy.ca
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www.earthrangers.com
WhatsUP
metro
No purchase necessary. Contest starts December 28, 2010 and ends 23:59 (EST) on March 30, 2011. Open to residents of Canada, excluding the province of Quebec, who have reached the age of majority at the time of entry. Enter for a chance to win a trip for 4 to Jasper, Alberta (approx. value $18,000). Full contest rules at www.wolfpackyourbags.com.

Lohan plans new start in new place

Moves out of West Hollywood to get away from paparazzi, past influences

To get a fresh start after leaving rehab, Lindsay Lohan is ditching her drama-plagued West Hollywood apartment for a three-bedroom rented condo in a beach-side suburb of Los Angeles, according to Radar Online. "She made the decision to move out some time ago and begin a new chapter of her life, in a new environment," a source says. "Lindsay considered her former apartment in West Hollywood too accessible to paparazzi and those in her life she wants to leave behind." METRO

Lindsay Lohan

Married, or just fooling?

Brad Pitt and Angelina Jolie

Brad Pitt and Angelina Jolie reportedly closed out 2010 by tying the knot, but it was all for show, according to In Touch. Sources say the couple held a mock-wedding ceremony in Morocco for the benefit of their six children. "Because the kids are getting older, Brad and Angelina decided now was the time to show them how much they loved each other and wanted to be unified as a family," a source says. METRO

Jackson documentary postponed

The Discovery Channel has bowed to pressure from Michael Jackson's estate and agreed to postpone a filmed reenactment of the late singer's autopsy that was set to air in the U.K., according to TMZ.

"Given the commencement of legal proceedings beginning next week, and at the request of Michael Jackson's estate, the scheduled broadcast of the medical documentary related to Michael Jackson's official autopsy has been postponed indefinitely," the network's reps said.

Jackson's executors had complained that the show was in "shockingly bad taste." METRO

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ISTOCK PHOTO

▶ Frostbite season is upon us. Learn how to be prepared.

Frostbite warning

How to recognize if you have it and what to do when someone you know is showing the signs Be careful though, you could make things worse

CELIA MILNE
WELLNESS@METRONEWS.CA

During the winter season, it's great to get outside to enjoy the crisp, cold air and, of course, the snow. However, whether you are snowboarding, skiing, tobogganing, snowshoeing or simply waiting for the bus, frostbite can happen if you're exposed to the cold for too long.

And though tempting, rubbing a frostbite can actually make it worse.

"Do not rub on the affected areas as this can cause further damage," says Dr. Jensen Yeung, medical director of RKS Dermatology at Women's College Hospital and the University of Toronto.

Frostbite is damage to the skin and other tissues, and happens when blood vessels under the skin constrict, which can happen at zero degrees and colder.

"A combination of factors determine when frostbite will form," says Yeung. "These include the duration of cold exposure, windchill, wet clothing, inadequate clothing and poor circulation."

Poor circulation can be a result of wearing clothing that is too tight, smoking, diabetes or peripheral vascular disease.

According to Parks Canada, areas most prone to frostbite are toes, feet, fingers, hands, ears and face.

"A combination of factors determine when frostbite will form... exposure, windchill, wet clothing, inadequate clothing and poor circulation."
DR. JENSEN YEUNG

Signs to look for that you or a family member have frostbite include:

- Shivering (may be absent in later stages)
- Lack of feeling in the affected area
- Skin that appears waxy
- Skin that is cold to the touch

In second degree frostbite, says Yeung, waterfilled blisters can develop. In third and fourth degree frostbite, you may have blood-filled blisters and damage to the nerves. In extreme cases, gangrene can result.

Here's what to do: Bring the person in to a warm environment as soon as possible.

Immediately remove all wet clothing and put on dry ones. Then wrap the person in warm blankets.

Quickly warm up the affected areas in a bathtub with water at 40 to 42 degrees.

Only start to rewarm the person if further refreezing can be prevented. Fluid replacement is also extremely important.

Hypothermia

Hypothermia is a risk with cold weather and prolonged outdoor activities. It can sneak up on you if the weather changes, warns Parks Canada. Someone who is suffering from hypothermia is no longer able to keep themselves warm. It's possible to develop hypothermia at any temperature under zero degrees. Signs and Symptoms of Hypothermia include:

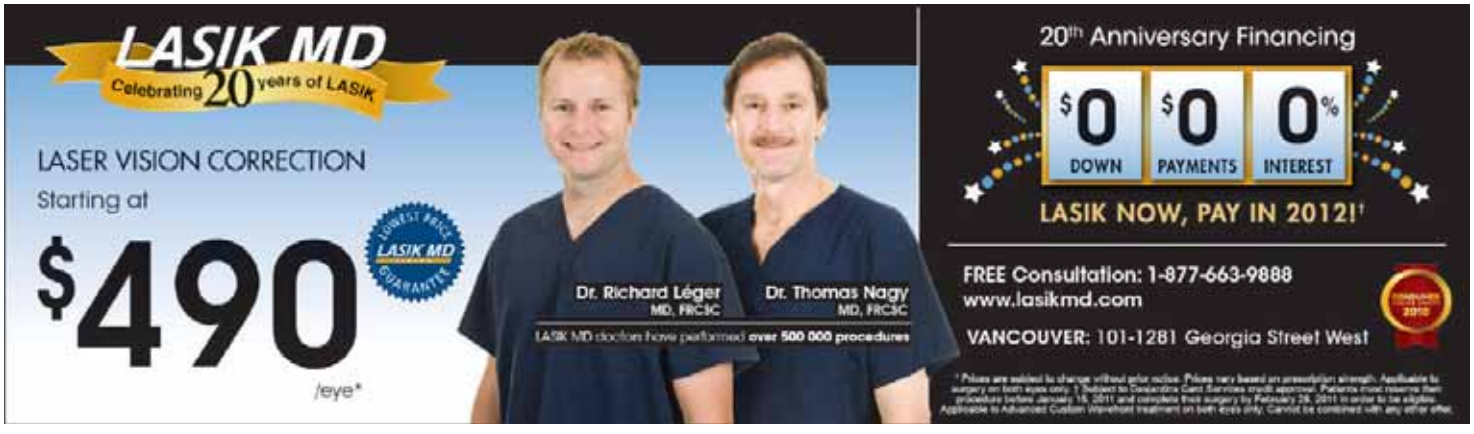
- **Shivering (may be absent in later stages)**
- **Numbness**
- **Lack of coordination**
- **Confused or unusual behaviour**
- **Body temperature below 35º C (95º F)**

3 life

Below zero

Frostbite is most common in outdoor workers, homeless people, and athletes participating in outdoor sports. But it can certainly strike adults and children who are having fun and staying outside a little longer than they should. The best winter clothing is breathable, windproof, and quick-drying.
CELIA MILNE

Rare Ewing's Sarcoma strikes at soft tissues in adolescents' bones



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Why lose weight?

Jiggly January?

Put off losing weight till now?

Not only does being overweight or obese look bad and feel bad, it's also hurting you on the inside. According to Health Canada, all that extra fat increases your risk of developing high blood pressure, coronary heart disease, type 2 diabetes, stroke, osteoarthritis, and certain types of cancer, including breast, colon and endometrial.

The Heart and Stroke Foundation of Canada has developed an interactive eTool called Healthy Weight Action Plan. Check it out at heartandstroke.ca

CELIA MILNE

Thoughts on... Goals

Seek and you'll find

ADVICE Christmas is now behind us and as we bid farewell to another year, our thoughts are filled with anticipation of what looms on the horizon. Many of us are busy making plans, setting new year resolutions, and making sure that the year ahead will be the best year ever. But how can we ensure that our goals become a reality?

Here's a tip: Take a pen and a notepad and ask your deeper mind 'What do I want to do next? How do I accomplish this? What is my next course of action?' Just relax as the answers come through. Do not worry about being right or wrong, simply allow your deeper guidance to emerge.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

UBC DENTAL CLINIC

The UBC Dental Clinic is now accepting patients for the following:

Root Canal Treatment
If you know that you require root canal treatment,
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If you need upper and lower dentures and have no natural teeth remaining;

Our clinic times for these services generally are Monday – Friday, 9:30 am to 12:30 and 2:00 pm to 5:00 pm

For more information, please contact 604 822-5668 between the hours of 9:00 am and 4:00 pm.

Dental Hygiene Services
We provide full dental hygiene services including examinations, mouth cancer screening, tartar removal/scaling, sealants, fluoride, x-rays, and oral hygiene instruction.

If you would like to participate in our Dental Hygiene Program:

Our Dental Hygiene clinic times are Tuesday and Thursday evenings, 6:00 pm to 9:00 pm, and Saturday mornings, 9:00 am to noon

For more information please call 604-822-2112 between the hours of 8:30 am and 4:30 pm.

The UBC Dental Clinic operates at a reduced cost for these services.

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2011's liquid predictions

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Can you believe how quickly 2010 disappeared?

Why, it seems like just yesterday Mel Gibson and Mother Nature were battling it out to see who could act crazier by year's end.

Now that we're officially into 2011, I've dusted off my crystal ball and am prepared to make the following liquid predictions for the coming 12 months.

Look for Australia to make a comeback this year. With a major focus on regionality — and more celebrity winemakers than kangaroos — Down Under is preparing to wow your palates.

I also see food-friendly German white wines and non-fortified Portuguese reds working their way into your glasses.

From the vine, malbec will keep rocking the red wine world with sauvignon blanc doing the same for the whites.

Also, look for red blends (especially those with a touch of residual sugar) to be the talk of liquor store shelves.

On the boozier side of things, I see both Irish and American whiskey capturing more market share across the country.

But, my money's on vodka — particularly brands like Russian Standard (750 ml, $23.95 - $24.99) that haven't had every inch of personality filtered out of them — to reign supreme.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Skip the booze in this Bourbon Chicken by using apple juice

This pecan-crusted chicken breast with bourbon pan sauce has a rich flavour and looks impressive but takes only 35 minutes to complete.

Preparation:

1. Heat oven to 220 C (425 F). In a food processor, combine pecans, 125 ml (1/2 cup) of the flour, salt and pepper, then pulse until mixture becomes a coarse meal. Transfer mixture to a shallow dish.
2. Place remaining 125 ml (1/2 cup) flour in a second shallow dish. In a third shallow dish, lightly whisk eggs.
3. Dip both sides of each chicken breast first in flour, shaking off any excess, then in eggs, then through pecan mixture. Transfer to a plate.
4. In a skillet over medium-high, heat 30 ml (2 tbsp) of the oil. Add 3 chicken breasts and cook until well browned on both sides, 4 minutes per side. Transfer chicken to a baking sheet. Repeat with remaining oil and chicken breasts.
5. Place baking sheet in oven and cook chicken for 12 to 15 minutes. While chicken bakes, make sauce. With skillet over medium-high heat, add bourbon and deglaze, scraping up browned bits from bottom of pan. Add broth, honey and mustard and bring to a simmer.
6. In a bowl, stir together cornstarch and water. Whisk cornstarch into skillet sauce, stir until thick. Stir in chives and soy sauce. Pour sauce over chicken breasts to serve. **THE CANADIAN PRESS**

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Pecan-crusted chicken breasts with bourbon pan sauce.

Ingredients:

- 250 ml (1 cup) finely chopped pecans
- 250 ml (1 cup) white all-purpose flour, divide
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 large eggs
- 6 boneless, skinless chicken breasts (1 kg/2 lbs)
- 60 ml (4 tbsp) extra-virgin olive oil, divided
- 50 ml (1/4 cup) bourbon
- 250 ml (1 cup) chicken broth
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) coarse-grained mustard
- 7 ml (1 1/2 tsp) cornstarch
- 10 ml (2 tsp) water
- 50 ml (1/4 cup) chopped fresh chives
- 5 ml (1 tsp) reduced-sodium soy sauce

No whining for lovers of wine

The market for wine in Asia will boom on. Customers will hunt for vintage values. And the market for fine wine will rumble back to life.

That's the sort of year industry observers say the world of wine will bring in 2011.

Now, "the market's definitely coming back," which means producers have to decide what to do next, says Barry Schuler, proprietor of Meteor Vineyard in the Napa Valley.

"I think people are looking at Asia, where all of a sudden there's an interest in fine wine and high-end wine, both from collectors and young entrepreneurs who are acquiring some wealth for the first time."

Consumers used to getting good values in wines likely will continue the hunt. "There can be some really good finds out there," says Doug Shafer of Shafer Vineyards.

Some consumers are going to be looking to imports for value, exploring the well-priced varietals of Argentina, Chile, Portugal, Spain and more.

Paul Mabray of the Napa-based wine consulting firm VinTank expects wineries to start selling discounted wines via their own websites to regular customers. "It's better than ever to be on a winery's email list," he says. **THE ASSOCIATED PRESS**

MICHELLE LOCKE/THE ASSOCIATED PRESS

▶ Wine drinkers will look for flavour and value this year.

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Does your inbox control your day?

Learn how combining simple organizational techniques with Microsoft Outlook's productivity features can put you back in charge again. Become more productive and spend less time being overwhelmed by your email.

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ROMANCE BLOOMS ON THE RIDEAU

Names: Lisa and Trev, both 23

Hometown: Ottawa

Together since: 2004

Their story:

Trevor and I (Lisa) first met when I was in Grade 10, and he was in Grade 11.

I was far too shy to approach him, but when Trevor would come into my classroom to talk to his hockey coach, my entire class would badger me about my huge crush — right in front of him!

It didn't take him long to clue in.

Trev and I soon started talking and he asked me out on a date.

We walked the Rideau Canal hand-in-hand and we learned quite a lot about one another in just a couple of hours.

That's exactly where and when it all began!

We have been together more than six years, and on Oct. 16, 2010, Trevor proposed.

We are now planning to buy a house and say "I do" in 2012.

He will always be my high-school sweetheart and, even more, my soulmate.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

▶ Lisa and Trev

WHY DON'T YOU GET A (CHAT) ROOM

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

Friends of ours continuously post lovey-dovey comments to one another on their public Facebook wall. It's making everyone else nauseous. How do we tell them to turn off their Facebook faux pas?

Angela says ...

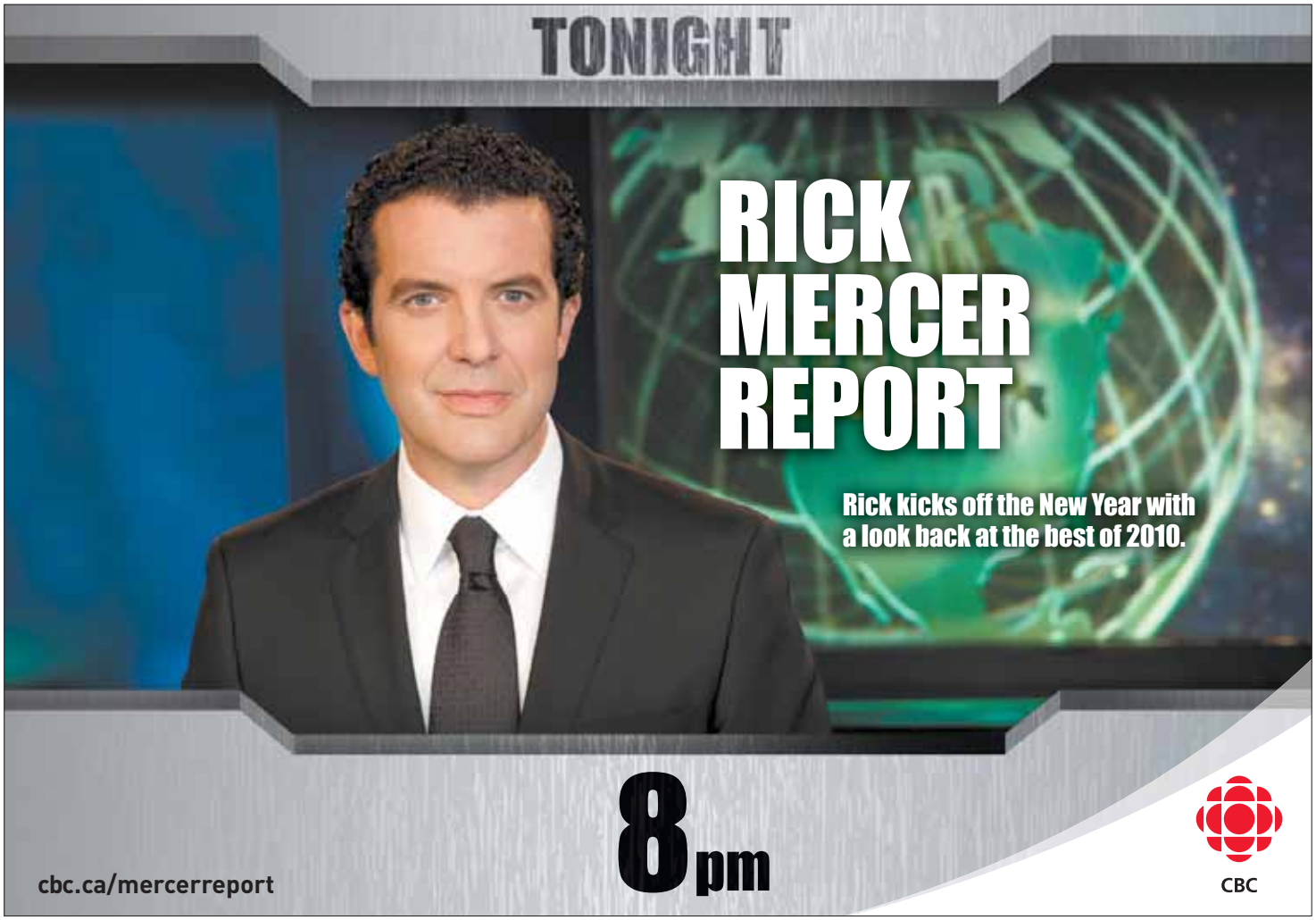
Do they also "talk" to each other on Facebook when they're in the same house? Ewwww ... that's just plain tacky in my book.

Since they're obviously not down with social media etiquette, I advise a direct approach. Take one half of the couple aside and gently explain that their wall postings fall under the TMI category or are just plain annoying/icky to friends.

Suggest they try the less public form of communicating such as texting or email. Question: Does this couple also speak in baby voices to each other? If so, I'm afraid you might not get very far. Another option is to just unfriend them. I know it sounds harsh, but Facebook is your space, and if you don't want to read lovesick posts, you don't have to.

Derek says...

Just un-friend them. Clearly they have little value to add to your friend feed. If it comes up in conversation, be blunt: Tell them you wanted to heave every time their status updates popped up on your iPhone.



ON MONEY

Watch for warranties!

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Stop! Don't burn or recycle that wrapping paper. While you're sifting through the post-holiday detritus, make a special effort to look for, and hold on to, warranties. Most Canadian families make a considerable investment in presents — $600 to $750 on average — and one of the best ways to preserve that investment is to keep track of warranties, big and small.

The first time I realized I needed to pay better attention to warranties came when I took my kitchen knives into a Henckels' free sharpening clinic. My husband had used the chef's knife eons earlier for some unauthorized prying and broke off the tip. The rep conducting the workshop took one look at it said, "It's under warranty, I'll replace it." Voila, a brand new knife and no snarky remarks about husbands.

Similarly, when I phoned Obus Forme to purchase a new back for a 10-year-old office chair, the company informed me it was covered under a lifetime warranty.

It's all too easy to toss a broken item, with so much these days lasting such a short time. But warranties can be your ticket to extended use.

The best part about being diligent on the warranty front is that you are extending the life of investments you've made with after tax dollars.

▶ Hold on tight to your warranties after the holiday season if you'd like your favourite loot to last.

Glitchy gifts

Chances of top holiday purchases breaking down in the first three years:

- Desktop computer: 37%
- Laptop: 33%
- Digital camera: 8%

CONSUMER REPORTS

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

A FRESH FINANCIAL START THIS YEAR

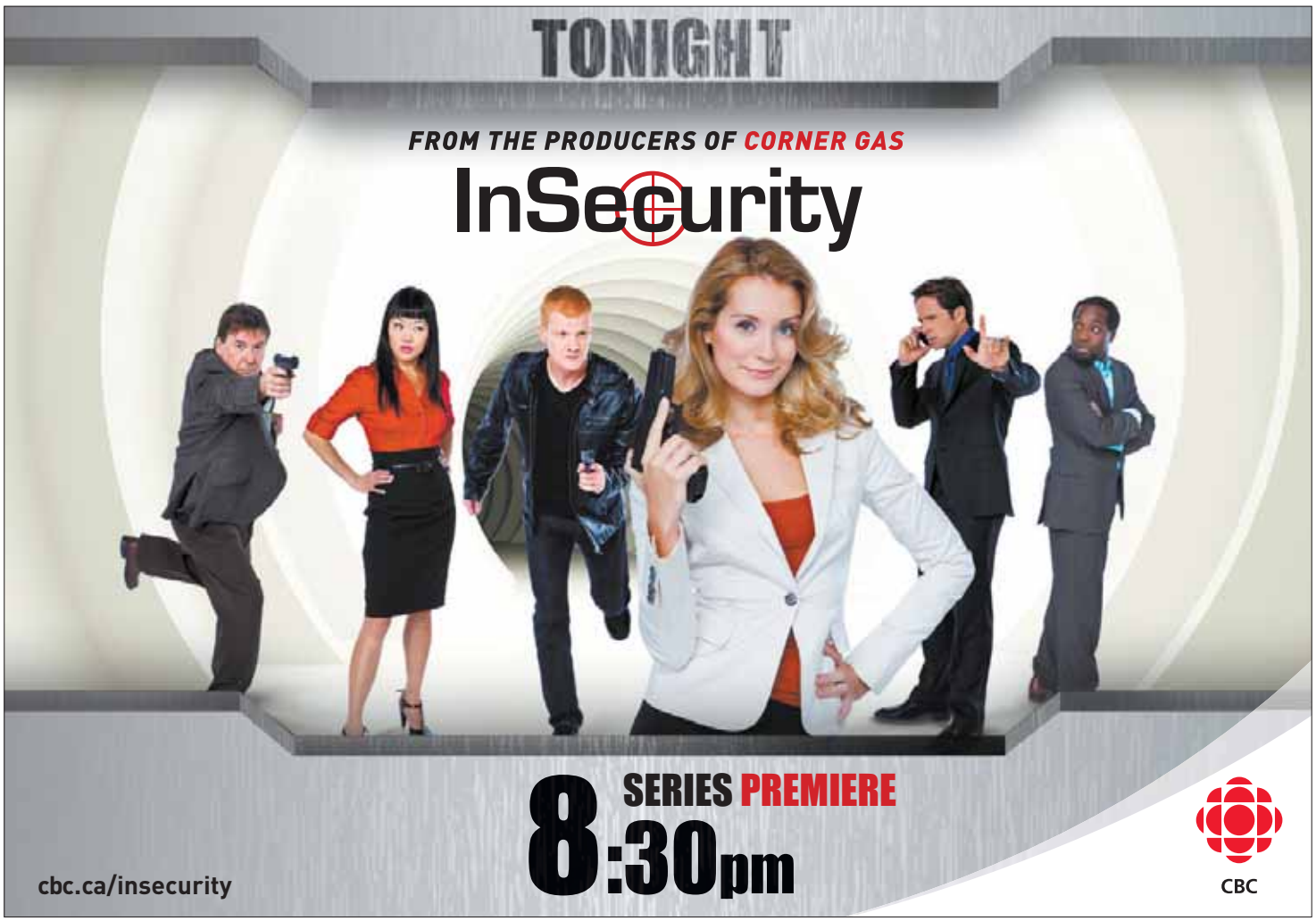
OK so you're not Warren Buffett and you probably need to shape up some part of your financial life in 2011. Set realistic financial resolutions this year that you can actually keep.

Learn more about money. You'll feel better equipped to make good financial choices. Take 10 minutes a week to read an investment article in the paper or online. Check out moneyville.ca, globeinvestor.com or finance.yahoo.com.

Get better organized. Set up a budget and follow it. Use free budgeting tools online with your bank. Keep your receipts in file folders and pay close attention to your bills to ensure they're accurate.

Develop a financial plan Grow your net worth through a combination of debt reduction and asset growth. Get a second or third opinion from a Certified Financial Planner (CFP) or professional accountant.

Track your net worth progress. Use a spreadsheet; list all assets like RRSPs and real estate and liabilities like car loans and mortgages. When you subtract your liabilities from your assets, you'll see your bottom line. You want this number to grow, so set some net worth goals for 2011 to reduce debt and build your assets.

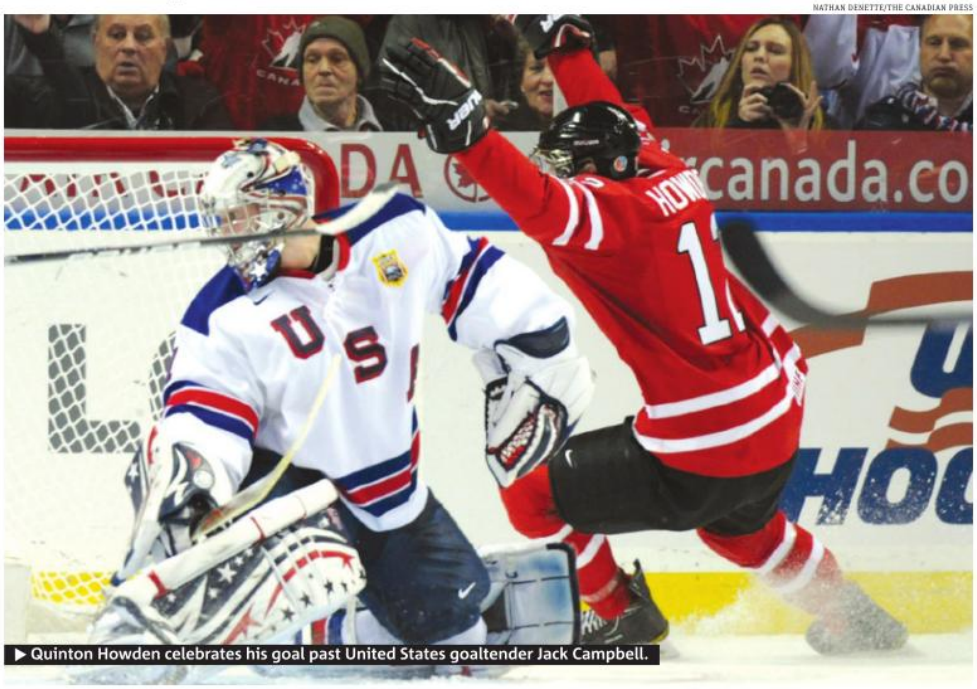


4 sports

Canada turns table on U.S.

- Canadians handily defeat rivals who beat them in last year's final
- Win sets up showdown tomorrow with Russians, who downed Swedes

NATHAN DENETTE/THE CANADIAN PRESS



▶ Quinton Howden celebrates his goal past United States goaltender Jack Campbell.

CANADA	U.S.
4	1

Curtis Hamilton and Quinton Howden scored in the first period yesterday as Canada exacted some revenge against the United States at the world junior hockey championship with a 4-1 semifinal win.

The victory set up a showdown with Russia in tomorrow's final. The Russians beat Sweden 4-3 in a shootout in yesterday's other semi.

Canada reached the final for the 10th consecutive year, a mark that includes victories over the Russians in 2005, 2006 and 2007. Canada is 7-5 all-time in finals against Russia or the Soviet Union.

Ryan Johansen and Zack Kassian also scored for Canada in front of a boisterous, mostly pro-Canadian crowd. The Canadians outshot the nervous-looking Americans 41-23 in dominating all three zones, the faceoff circles and carrying the physical play.

The showdown many predicted would be a fitting final came in the semis as Canada lost its final preliminary round game in a shootout to Sweden before beating Switzerland 4-1 in a quarter-final.

It avenged Canada's 6-5 overtime loss to the U.S. a year ago on its home ice in Saskatoon.

Chris Brown scored on a power play for the Americans in the third period to snap Mark Visentin's shutout bid as the U.S briefly had some life but would get no closer.

Red-and-white-clad Canadian fans outnumbered their U.S. counterparts in the packed HSBC Arena and their chants of Ca-Na-Da were drowning out the home side's U-S-A even before the puck was dropped.

When the game started, it was Canada that came out flying and the Americans who looked to be on their heels in their first taste in the tournament of high-paced, heavy-hitting hockey.

Canada beat the Russians 6-3 to open the tournament, a game that was close for two periods.

The Americans will face Sweden in the bronze-medal game.

THE CANADIAN PRESS

Sports in brief

1 Brandon Webb signed with the Texas Rangers.

2 The Minnesota Vikings have reached an agreement with Leslie Frazier to be their next coach.

3 The Cleveland Browns fired coach Eric Mangini following a second straight 5-11 season.

THE ASSOCIATED PRESS

Scan code for more sports

In the end, Russia gets it done

RUSSIA	SWEDEN
4	3

Russia's flair for the dramatic has carried it to the gold-medal game at the world junior hockey championship.

The Russians squandered a two-goal lead before scoring a late equalizer and surviving a shootout to beat Sweden 4-3 in a back-and-forth semifinal yesterday that started slowly but ended brilliantly.

Denis Golubev slid a shot through Robin Lehner's legs after Swedes Oscar Lindberg and Sebastian Wannstrom both failed to score.

The Russians then stormed the ice in celebration when Anton Lander's attempt rang off the post.

Vladimir Tarasenko, the dazzling St. Louis Blues first-round draft pick, Golubev and Sergei Kalinin, who tied the game 3-3 with 1:27 left, scored in regulation for the Russians, who last won gold at the tournament in 2003.

They won three silvers from 2005-07, but were sixth last year.

THE CANADIAN PRESS

Canucks take bite out of Sharks

CANUCKS	SHARKS
4	3

Alex Burrows scored midway through the third period yesterday as the Vancouver Canucks held on to beat the San Jose Sharks 4-3.

Daniel Sedin, Alexander Edler and Jannik Hansen also scored for the Canucks, who improved to 8-0-1 in their past nine road games and 15-1-2 in their past 18 overall. Cory Schneider stopped 32-of-35 shots.

Ryane Clowe, Patrick Marleau and Jamal Mayers scored for the Sharks, who lost for the third time in their past nine games. Antti Niemi made 43 saves.

Burrows redirected a Christian Ehrhoff shot off Niemi's pads and tapped the puck into an open net at 8:57 of the final period.

The victory lifted Vancouver into the top spot in the Western Conference with 55 points while San Jose stayed in fourth.

The Canucks played Sunday night in Denver, but had plenty in reserve to outskate the Sharks, who allowed a season high in shots.

Sedin, who has points in 16 of his past 18 games, opened the scoring with his 21st goal. He chipped the puck over Niemi's glove after receiving a pass from Henrik Sedin at the top of the crease.

Clowe tied the game early in the second period, tapping in the puck following Jason Demers shot on goal.

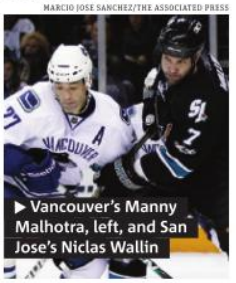
Edler put the Canucks back on top with a power-play goal at the 8:14 mark.

Marleau scored his fourth goal in six games to bring the Sharks even four minutes later. Mayers gave San Jose the lead with 4:39 left in the second period.

Hansen tied the game with 1:25 left in the period, redirecting a rebound.

THE ASSOCIATED PRESS

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS



▶ Vancouver's Manny Malhotra, left, and San Jose's Niclas Wallin

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	39	24	10	2	3	131	104	53	12-6-0-2	12-4-2-1	7-3-0-0	W1
d-Tampa Bay	39	23	11	3	2	121	122	51	12-3-1-1	11-8-2-1	8-1-1-0	W2
d-Boston	38	21	11	1	5	110	85	48	9-6-1-2	12-5-0-3	5-3-0-2	W1
Pittsburgh	40	25	12	2	1	127	94	53	13-7-1-0	12-5-1-1	5-4-0-1	L2
Washington	40	23	12	2	3	120	106	51	14-4-1-3	9-8-1-0	5-3-1-1	W3
Atlanta	42	21	15	2	4	131	125	48	11-7-1-2	10-8-1-2	4-4-1-1	W1
NY Rangers	40	22	15	2	1	119	103	47	9-8-1-1	13-7-1-0	5-3-1-1	L2
Montreal	40	21	16	3	0	100	96	45	12-5-3-0	9-11-0-0	3-6-1-0	L1
Carolina	38	18	15	1	4	111	115	41	8-7-1-1	10-8-0-3	5-3-1-1	L1
Florida	37	18	17	1	1	102	95	38	8-6-1-1	10-11-0-0	4-4-1-1	W2
Ottawa	40	16	19	4	1	90	121	37	9-11-1-1	7-8-3-0	4-4-2-0	L3
Buffalo	38	16	18	4	0	105	114	36	9-10-1-0	7-8-3-0	5-5-0-0	W2
Toronto	38	14	20	2	2	90	113	32	8-10-2-1	6-10-0-1	4-6-0-0	L1
NY Islanders	37	12	19	3	3	89	120	30	7-7-1-2	5-12-2-1	7-2-0-1	W3
New Jersey	38	10	26	1	1	68	122	22	6-11-1-1	4-15-0-0	2-8-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	38	25	8	3	2	131	95	55	13-3-1-1	12-5-2-1	8-1-1-0	W6
d-Detroit	39	24	10	4	1	133	110	53	13-5-3-1	11-5-1-0	5-3-2-0	L2
d-Dallas	40	23	13	1	3	114	113	50	12-6-1-2	11-7-0-1	5-3-1-1	W1
San Jose	40	21	14	4	1	118	112	47	10-6-2-1	11-8-2-0	6-4-0-0	L1
Anaheim	42	21	17	2	2	109	119	46	13-6-0-1	8-11-2-1	6-4-0-0	W3
St. Louis	38	20	13	2	3	101	104	45	14-5-0-2	6-8-2-1	6-4-0-0	L1
Los Angeles	39	22	16	1	0	116	96	45	13-5-1-0	9-11-0-0	5-5-0-0	L4
Colorado	39	20	14	5	0	132	125	45	10-7-2-0	10-7-3-0	5-4-1-0	L2
Chicago	41	21	17	2	1	126	115	45	12-9-0-0	9-8-2-1	5-5-0-0	W1
Nashville	38	19	13	4	2	95	93	44	9-4-3-2	10-9-1-0	5-5-0-0	W2
Columbus	39	20	16	2	1	101	114	43	11-9-0-1	9-7-2-0	5-5-0-0	L1
Phoenix	38	17	13	5	3	106	113	42	7-5-2-2	10-8-3-1	3-5-0-2	L2
Minnesota	38	18	15	1	4	98	112	41	10-9-0-2	8-6-1-2	6-3-0-1	W1
Calgary	40	18	19	1	2	107	115	39	11-8-0-0	7-11-1-2	6-4-0-0	L1
Edmonton	37	12	18	1	6	95	126	31	6-10-1-2	6-8-1-3	2-6-0-2	L6

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 2 Toronto 1
Carolina 4 Florida 3 (OT)
N.Y. Islanders 5 Calgary 2
Chicago 4 Los Angeles 3
Vancouver 4 San Jose 3
Sunday's results
Vancouver 2 Colorado 1
Atlanta 4 Montreal 3 (OT)
Anaheim 2 Chicago 1
Dallas 4 St. Louis 2
Florida 3 N.Y. Rangers 0
Minnesota 6 Phoenix 5 (OT)
Nashville 4 Columbus 1
Philadelphia 3 Detroit 2
Tonight's games
(All times Eastern)
Minnesota at New Jersey, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Buffalo at Colorado, 9 p.m.
Detroit at Edmonton, 9 p.m.
Columbus at Phoenix, 9 p.m.

CANUCKS 4, SHARKS 3

First Period
1. Vancouver, D.Sedin 21 (H.Sedin, Burrows) 6:09
Penalties — H.Sedin Vcr (high-sticking) 0:49, Glass Vcr, Mayers SJ (fighting) 10:35, Boyle SJ (high-sticking) 18:15.
Second Period
2. San Jose, Clowe 11 (Demers, Ferriero) 5:08
3. Vancouver, Edler 3 (Ehrhoff, D.Sedin) 8:14 (pp)
4. San Jose, Marleau 15 (Heatley, Boyle) 12:18 (pp)
5. San Jose, Mayers 2 (Heatley, Huskins) 15:21
6. Vancouver, Hansen 5 (Kesler, Raymond) 18:35
Penalties — Couture SJ (hooking) 7:31, H.Sedin Vcr (hooking) 11:18, Glass Vcr, Mashinter SJ (fighting) 15:24.
Third Period
7. Vancouver, Burrows 8 (Ehrhoff, Ballard) 8:57
Penalty — Vlasic SJ (tripping) 1:40.
Shots

Vancouver	15	11	21	47
San Jose	7	15	13	35

Goal — Vancouver: C.Schneider (W,7-0-2); San Jose: Niemi (L,9-10-2). **Power plays (goals-chances)** — Vancouver: 1-3; San Jose: 1-2.
Att. — 17,562 (17,562) at San Jose, Calif.

ISLANDERS 5, FLAMES 2

First Period
1. N.Y. Islanders, Tavares 12 (Parenteau, MacDonald) 3:37 (pp)
2. N.Y. Islanders, Moulson 13 (Parenteau, Tavares) 8:29
3. Calgary, Moss 5 (Pardy, Babchuk) 11:37
4. N.Y. Islanders, Tavares 13 (MacDonald, Nielsen) 13:25 (pp)
Penalties — Jackman Cal (goaltender interference) 3:25, Konopka NYI, Kostopoulos Cal (fighting) 9:15, Pardy Cal (slashing) 12:16.
Second Period
5. N.Y. Islanders, Moulson 14 (Hamonic) 3:06
6. Calgary, Moss 6 (Jackman) 13:22
Penalty — Reese NYI (slashing) 4:26.
Third Period
7. N.Y. Islanders, Grabner 9 (Eaton) 18:54 (en)
Penalty — Parenteau NYI (tripping) 4:20.
Shots

N.Y. Islanders	13	9	4	26
Calgary	9	19	15	43

Goal (shots-saves) — N.Y. Islanders: DiPietro (W,6-6-4)(14-13), Lawson (5:40 second)(29-28); Calgary: Karlsson (L,2-3-2). **Power plays (goals-chances)** — N.Y. Islanders: 2-2; Calgary: 0-2.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	33	65
Stamkos, TB	31	25	56
St. Louis, TB	16	34	50
H.Sedin, Vcr	9	40	49
D.Sedin, Vcr	20	27	47
B.Richards, Dal	18	27	45
Perry, Ana	21	23	44
Zetterberg, Det	14	30	44
Eriksson, Dal	16	27	42
Ovechkin, Wash	14	28	42
Byfuglien, Atl	16	25	41
Kopitar, LA	15	26	41
Duchene, Col	15	24	39
Datsyuk, Det	12	27	39
Sharp, Chi	21	17	38
E.Staal, Car	18	19	37
Getzlaf, Ana	13	24	37
M.Richards, Pha	13	24	37

Not including last night's games

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP

(All times Eastern)
RELEGATION BRACKET
All Games at Lewiston, N.Y.

	GP	W	LOT	OTL	GF	GA	Pt
Czech Republic	2	2	0	0	5	2	6
Slovakia	2	1	0	1	7	1	5
x-Germany	2	0	1	0	3	5	1
x-Norway	2	0	2	0	0	7	0

x — relegated to B-pool.
Sunday's results
Czech Republic 3 Germany 2
Slovakia 5 Norway 0
Today's games
Germany vs. Norway, 3:30 p.m.
Slovakia vs. Czech Republic, 7:30 p.m.
CHAMPIONSHIP BRACKET
All Games at Buffalo, N.Y.
Yesterday's results
Semifinals
Russia 4 Sweden 3 (SO)
Canada 4 U.S. 1
Sunday's results
Quarter-finals
Canada 4 Switzerland 1
Russia 4 Finland 3 (OT)
Tonight's game
Fifth Place
Finland vs. Switzerland, 7:30 p.m.
Tomorrow's games
Bronze Medal
Sweden vs. U.S., 3:30 p.m.
Gold Medal
Russia vs. **Canada**, 7:30 p.m.

CANADA 4, U.S. 1

First Period
1. Canada, Hamilton 4 (Eakin) 2:38
2. Canada, Howden 2 (Connolly, Gudbranson) 13:54
Penalties — None.
Second Period
3. Canada, Johansen 3 (Ellis, Barrie) 5:59 (pp)
Penalties — Howden Cda (high-sticking) 2:33, Coyle US (high-sticking) 4:33, Wey US (hooking) 4:58, de Haan Cda (slashing) 16:18.
Third Period
4. Canada, Kassian 2 (de Haan) 6:02
5. U.S., Brown 2 (Morin, Leddy) 9:37 (pp)
Penalties — Ashton Cda (slashing) 3:54, Johansen Cda (hooking) 8:54, Coyle US (delay of game) 10:50
Shots

Canada	12	16	13	41
U.S.	5	12	6	23

Goal — Canada: Visentin (W,3-0); U.S.: Campbell (L,4-1). **Power plays (goals-chances)** — Canada: 1-3; U.S.: 1-4.
Referees — Martin Frano, Jari Levonen. **Linesmen** — Mikko Kekalainen, Felix Winnekens.
Attendance — N.A at Buffalo.

SOCCER

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's results
Barnsley 2 Coventry 1
Crystal Palace 1 Preston 0
Derby 0 Millwall 0
Ipswich 0 Nottingham Forest 1
Leicester 2 Swansea 1
Middlesbrough 1 Norwich 1
Portsmouth 2 Hull 3
Queens Park Rangers 2 Bristol City 2
Reading 2 Burnley 1
Scunthorpe 1 Watford 2
Sheffield United 2 Doncaster 2

SCOTLAND

PREMIER LEAGUE

Yesterday's result
St. Mirren 0 Kilmarnock 2

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
NEW YORK YANKEES — Agreed to terms with LHP Pedro Feliciano on a two-year contract.
TEXAS RANGERS — Agreed to terms with RHP Brandon Webb and LHP Arthur Rhodes on a one-year contracts. Designated C Max Ramirez and LHP Clay Rapada for assignment.

NATIONAL LEAGUE

SAN DIEGO PADRES — Agreed to terms with INF/OF Brad Hawpe on a one-year contract.

FOOTBALL

NFL

CINCINNATI BENGALS — Signed FB James Develin, OT Andrew Gardner, S Cary Harris, G Otis Hudson and DE James Ruffin from the practice squad.
CLEVELAND BROWNS — Fired coach Eric Mangini.
DALLAS COWBOYS — Agreed to terms with G Travis Bright. Signed WR Troy Bergeron, T Robert Brewster, DE Alex Daniels, WR Jeff Moturi, TE Jason Pociask, LB Kelvin Smith, CB Ross Weaver to their reserve future list.
MINNESOTA VIKINGS — Reached agreement with interim coach Leslie Frazier to become permanent coach.

UFL

OMAHA NIGHTHAWKS — Fired coach Jeff Jagodzinski.

HOCKEY

NHL

PHILADELPHIA FLYERS — Waived G Michael Leighton.
PHOENIX COYOTES — Assigned F Mikkel Boedker to San Antonio (AHL).
PITTSBURGH PENGUINS — Signed D Deryk Engelland to a three-year contract.
TAMPA BAY LIGHTNING — Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).

AHL

ABBOTSFORD HEAT — Assigned F Hugo Carpentier and D Giffen Nyren to Utah (ECHL).
SYRACUSE CRUNCH — Recalled F Eric Lampe and F Josh Brittain from Elmira (ECHL).

ECHL

ECHL — Fined Elmira LW Jon Mirasty and Kalamazoo F Justin Taylor undisclosed amounts for their actions during Friday's game at Kalamazoo.

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern)
Last night's result
ORANGE BOWL
At Miami
Stanford 40 Virginia Tech 12
Tonight's game
SUGAR BOWL
At New Orleans
Ohio State (11-1) vs. Arkansas (10-2), 8 p.m.
Thursday's game
GODADDY.COM BOWL
At Mobile, Ala.
Miami (Ohio) (9-4) vs. Middle Tennessee (6-6), 8 p.m.
Friday's game
COTTON BOWL
At Arlington, Texas
Texas A&M (9-3) vs. Louisiana State (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (7-5) vs. Kentucky (6-6), Noon

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	26	7	.788	—
d-Miami	27	9	.750	½
d-Chicago	22	10	.688	3½
Orlando	22	12	.647	4½
Atlanta	22	14	.611	5½
New York	19	14	.576	7
Indiana	14	18	.438	11½
Milwaukee	13	18	.419	12
Philadelphia	13	21	.382	13½
Charlotte	11	21	.344	14½
Toronto	11	22	.333	15
Detroit	11	23	.324	15½
New Jersey	9	25	.265	17½
Washington	8	24	.250	17½
Cleveland	8	26	.235	18½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	4	.879	—
Dallas	25	8	.758	4
d-Utah	24	11	.686	6
d-L.A. Lakers	23	11	.676	6½
Oklahoma City	23	12	.657	7
Denver	20	13	.606	9
New Orleans	21	14	.600	9
Portland	18	16	.529	11½
Houston	16	18	.471	13½
Memphis	15	19	.441	14½
Phoenix	14	18	.438	14½
Golden State	13	21	.382	16½
L.A. Clippers	10	24	.294	19½
Minnesota	9	26	.257	21
Sacramento	7	24	.226	21

d-division leader
Last night's results
Miami 96 Charlotte 82
Orlando 110 Golden State 90
Boston 96 Minnesota 93
New Orleans 84 Philadelphia 77
Denver 113 Houston 106
Utah 102 Detroit 97
Sunday's results
New York 98 Indiana 92
Atlanta 107 L.A. Clippers 98
Boston 93 Toronto 79
Dallas 104 Cleveland 95
Portland 100 Houston 85
Sacramento 94 Phoenix 89
Memphis 104 L.A. Lakers 85
Tonight's games
(All times Eastern)
Milwaukee at Miami, 7:30 p.m.
San Antonio at New York, 7:30 p.m.
Toronto at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Atlanta at Sacramento, 10 p.m.
Detroit at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	31	283	245	864	27.9
Stoudemire, NYK	33	329	207	871	26.4
Ellis, GOL	33	315	154	839	25.4
Bryant, LAL	34	300	217	864	25.4
Wade, MIA	33	279	223	810	24.5
James, MIA	35	288	233	855	24.4
Nowitzki, DAL	29	260	153	700	24.1
Rose, CHI	31	282	128	744	24.0
Anthony, DEN	25	206	165	592	23.7
Gordon, LAC	32	249	197	747	23.3
Martin, HOU	33	219	249	759	23.0
Williams, UTA	34	246	206	756	22.2
Westbrook, OKC	35	262	232	766	21.9
Beasley, MIN	32	278	114	699	21.8
Griffin, LAC	34	284	167	739	21.7
Bargnani, TOR	27	217	106	572	21.2
Granger, IND	31	228	133	655	21.1
Howard, ORL	31	228	199	655	21.1
Gay, MEM	32	256	112	668	20.9
Love, MIN	34	236	192	709	20.9
Scola, HOU	33	270	107	647	19.6
Aldridge, POR	34	265	131	664	19.5
Pierce, BOS	32	211	141	605	18.9
Randolph, MEM	30	230	103	566	18.9
Lopez, NJN	34	229	183	641	18.9
Ginobili, SAN	33	190	156	617	18.7
Gasol, LAL	34	248	139	635	18.7
West, NOR	33	250	113	615	18.6
Bosh, MIA	35	249	151	652	18.6
Jackson, CHA	30	193	101	549	18.3
Felton, NYK	33	215	104	591	17.9
Deng, CHI	32	211	98	570	17.8
Parker, SAN	33	241	93	583	17.7

Not including last night's games

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-New England	14	2	0	.875	518	313
x-N.Y. Jets	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425

SOUTH

	W	L	T	Pct	PF	PA
y-Indianapolis	10	6	0	.625	435	388
Jacksonville	8	8	0	.500	353	419
Houston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339

NORTH

	W	L	T	Pct	PF	PA
y-Pittsburgh	12	4	0	.750	375	232
x-Baltimore	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395

WEST

	W	L	T	Pct	PF	PA
y-Kansas City	10	6	0	.625	366	326
San Diego	9	7	0	.563	441	322
Oakland	8	8	0	.500	410	371
Denver	4	12	0	.250	344	471

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-Philadelphia	10	6	0	.625	439	377
N.Y. Giants	10	6	0	.625	394	347
Dallas	6	10	0	.375	394	436
Washington	6	10	0	.375	302	377

SOUTH

	W	L	T	Pct	PF	PA
y-Atlanta	13	3	0	.813	414	288
x-New Orleans	11	5	0	.688	384	307
Tampa Bay	10	6	0	.625	341	318
Carolina	2	14	0	.125	196	408

NORTH

	W	L	T	Pct	PF	PA
y-Chicago	11	5	0	.688	334	286
x-Green Bay	10	6	0	.625	388	240
Detroit	6	10	0	.375	362	369
Minnesota	6	10	0	.375	281	348

WEST

	W	L	T	Pct	PF	PA
y-Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

x — clinched playoff berth.
y — clinched division title.

WEEK 17

Sunday's results
Atlanta 31 Carolina 10
Baltimore 13 Cincinnati 7
Dallas 14 Philadelphia 13
Detroit 20 Minnesota 13
Green Bay 10 Chicago 3
Houston 34 Jacksonville 17
Indianapolis 23 Tennessee 20
New England 38 Miami 7
N.Y. Giants 17 Washington 14
N.Y. Jets 38 Buffalo 7
Oakland 31 Kansas City 10
Pittsburgh 41 Cleveland 9
San Diego 33 Denver 28
San Francisco 38 Arizona 7
Seattle 16 St. Louis 6
Tampa Bay 23 New Orleans 13
End of Regular Season

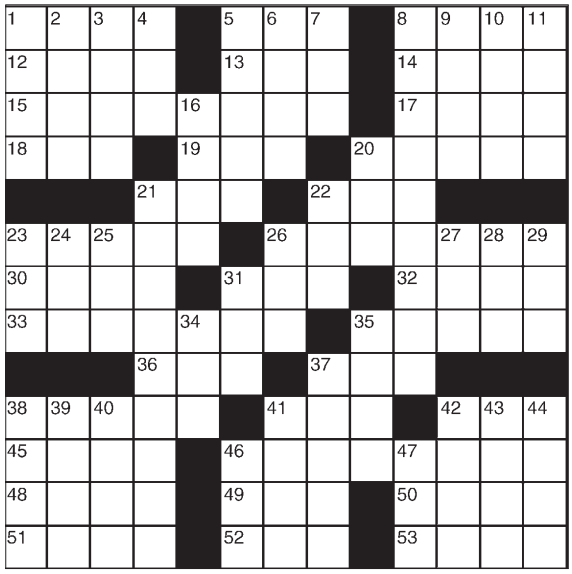
BASKETBALL

NCAA

AP TOP 25

Last night's results
No. 10 Kentucky 86 Pennsylvania 62
St. John's 61 **No. 13** Georgetown 58
No. 16 Texas A&M 66 Nicholls State 55
No. 17 Kansas State 92 Savannah State 61
No. 18 Michigan State 65 Northwestern 62

Crossword



Across
1 Glitz
5 "Phooey!"
8 Dame Myra at the piano
12 Top-notch
13 — out a living
14 Sheltered
15 Lover of classical music
17 Mountain goat
18 Greek H
19 Hostel
20 Appomattox Court House VIP
21 Crafty
22 Urban transport
23 Possibly will
26 Mid-May honorees
30 Jai —
31 Transmit electronically
32 Notion
33 Like the Talmud
35 Bride's partner
36 Ducats, in "Variety"
37 Healthy
38 Leans
41 Cowpoke's sweetie
42 Discoverer's cry
45 Neighborhood
46 Severe downturn
48 Creche trio
49 "— Town"
50 Command to Fido
51 Organic compound
52 Thickness
53 Vortex

Down
1 Dorothy's last name
2 Swag
3 Actress Paquin
4 "Family Guy" daughter
5 "— and Cecil"
6 Related
7 That girl
8 Garment of penance
9 Exile isle
10 Witnessed
11 Fourth canonical hour
16 Sword handle
20 Eviscerate
21 Young and immature
22 Carton
23 Jongg preceder
24 — -de-France
25 Talk on and on
26 Apple product
27 Tokyo's old name
28 — Speedwagon
29 Muppet eagle
31 Repair
34 "— for Alibi"
35 Quarter pint
37 Tinker Bell, e.g.
38 Docile
39 Tehran's land
40 Toy block name
41 France, once
42 Newspaper pg.
43 Ran like the wind
44 Sans siblings
46 Upper surface
47 7-Down, subjectively

▶ Dec. 26's answer

I	C	Y	■	A	C	T	S	■	B	R	A	D
O	H	O	■	S	L	O	T	■	R	A	N	I
T	O	G	■	S	A	G	A	■	O	N	T	O
A	W	A	Y	I	N	A	M	A	N	G	E	R
■	■	■	E	G	G	■	M	I	X	■	■	■
V	E	G	A	N	■	B	E	D	■	T	H	O
O	D	O	R	■	F	I	R	■	Y	A	R	N
W	O	O	■	R	U	G	■	G	O	O	S	E
■	■	■	S	I	R	■	M	A	Y	■	■	■
J	O	Y	T	O	T	H	E	W	O	R	L	D
A	V	E	R	■	H	O	N	K	■	E	A	R
B	E	T	A	■	E	L	S	E	■	E	M	U
S	N	I	P	■	R	E	A	D	■	D	A	G

Sudoku

		7	3			6	4	
8						2		3
	6			7				1
	7				3	1		
			2		5			
		4	7				9	
4				8			6	
5		3						2
	9	6			2	5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Dec. 26's answer ▶

6	7	5	8	2	1	9	4	3
9	4	1	5	3	6	2	8	7
3	8	2	7	4	9	5	1	6
2	3	9	4	1	5	6	7	8
1	6	8	2	7	3	4	9	5
4	5	7	6	9	8	3	2	1
8	9	4	3	5	7	1	6	2
7	2	3	1	6	4	8	5	9
5	1	6	9	8	2	7	3	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Denka!!! I love your spirit and passion. You are my knight in shining armour. You are doing an excellent job focusing on your goals and maintaining it. Heart you forever **DANII**

To My Squishy, There's not a starfish in the world who loves you more. You light up my life like a deep sea lantern fish. Coo coo cachu, I love you. **XOXOX INKY**

Morning tiiiiiiime! Morning tiiiime! Morning time morning time morning time morning tiiiiiiiime! I miss you so much I can't wait till you get back, I love you!! :) **YOUR GIRL**

J...You make my heart smile! When I look into your eyes I see hope, when I listen to your voice I hear wisdom, and when I lie in your arms I feel LOVED!! Thank you x infinity! 1-4-3 Babe **-MANY KISSES...M**

Today 4°/3° Wet snow 80%
Wednesday 7°/5° Rain 90%
PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You can expect something pretty extraordinary to occur on the work front over the next few days. But why not go out and make it happen yourself? You're a doer. So do it!

♉ Taurus April 21-May 21 Today's eclipse falls in the area of your chart that governs your belief system, so it is of the utmost importance that you keep a clear head and make sure you have a firm hold on all of the facts.

♊ Gemini May 22-June 21 Cosmic activity in one of the more sensitive areas of your chart gives you a negative view of events, but what happens today will confirm that you are loved and admired.

♋ Cancer June 22-July 22 A solar eclipse in your opposite sign means that loved ones will be full of themselves today. There may be times when you wish they would tone their act down. They're only having fun. You're allowed to have fun, too.

♌ Leo July 23-Aug.23 The most important thing now is your health. If you feel you are doing too much, you must call a halt. You don't have to work harder just because someone else says you must.

♍ Virgo Aug. 24- Sept. 22 You'll be endowed with huge self-belief and reserves of energy. Whatever you put your mind to today, and tomorrow, is sure to be a success.

♎ Libra Sept. 23-Oct. 23 It's the perfect day to take care of domestic issues. You will not only have the desire to do something about them, but loved ones will be co-operative.

♏ Scorpio Oct. 24-Nov. 22 The more you are on the move today, the more likely it is you will meet people who can be of some use to you socially or in your career. They'll also be more fun than you expected.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that money must be kept in its place. Being able to pay your way is important, of course, but more important by far is that you smile while you are doing it.

♑ Capricorn Dec. 22-Jan. 20 Today's solar eclipse in your sign gives you a massive advantage over your rivals and if you are smart you will take full advantage of it. There will be times in 2011 when it gets even better.

♒ Aquarius Jan. 21-Feb. 18 You have nothing to fear and everything to look forward to. It may sometimes seem as if you are alone in the world but that is just an illusion and what happens today will highlight that fact.

♓ Pisces Feb. 19-March 20 You must take a leadership role in group activities over the next few days. The world needs people like you, who are prepared to act. **SALLY BROMPTON**

Caption contest

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WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

HASSAN AMMAR/ THE ASSOCIATED PRESS

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Deals of the week

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Sol Sirenas Coral Resort • 3 ★
All-Inclusive • Standard rm.
Jan. 7 & 14 • 1 wk.
$699
+Taxes & other fees: $149

Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive
Standard rm.
Jan. 7 - 21 • 1 wk.
$799
+Taxes & other fees: $149

MEXICO

Ixtapa/Zihuatanejo

Las Brisas Resort Ixtapa • 4 1/2 ★
All-Inclusive
Deluxe grand rm.
Feb. 5 & 12 • 1 wk.
$1459
+Taxes & other fees: $249

MEXICO

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 29 • 1 wk.
$899
+Taxes & other fees: $249

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive • Deluxe rm.
Feb. 26 • 1 wk.
$1339
+Taxes & other fees: $241

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★
All-Inclusive
Junior suite
Feb. 26 • 1 wk.
$1269
+Taxes & other fees: $241

MEXICO

Los Cabos

HOLA Grand Faro Los Cabos Luxury All Inclusive Resort • 4 ★
All-Inclusive
Deluxe partial oceanview rm.
Feb. 13 & 27 • 1 wk.
$1189
+Taxes & other fees: $225

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Jan. 7, 14 & 21 • 1 wk.
PRIVILEGES
$1149
+Taxes & other fees: $92

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive
Junior suite
Jan. 7, 14 & 21 • 1 wk.
PRIVILEGES
$1349
+Taxes & other fees: $92

USA

Las Vegas

Monte Carlo Resort & Casino • 4 ★
Hotel rm.
Jan. 24 & 25 • 3 nts.
$429
+Taxes & other fees: $110

Oahu

Aqua Island Colony • 2 ★
Savvy saver - moderate city view rm.
Feb. 24 & 25 • 1 wk.
$789
+Taxes & other fees: $110

CRUISE

Princess Cruises[1]

Caribbean Princess®
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. K
Mar. 27 • 1 wk.
$1429
+Taxes & other fees: $125

SOL MELIÁ HOTELS & RESORTS

MEXICO

Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Jan. 22 & 29 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees: $119

Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Feb. 27 • 1 wk.
PRIVILEGES
$1439
+Taxes & other fees: $119

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